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# Weekly



# Bulletin

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GUY P. JONES  
EDITOR

## San Jose Offers Course For Nurses.

The San Jose State Teachers College offers a summer course in health education, June 28 to August 6. The Department of Physiology and Health will provide this course, which is designed specially for teaching home nursing and hygiene. The course has been approved by the Commission of Credentials of the State Board of Education as satisfying the requirement for the special credential for teaching these subjects. The registrar of the San Jose State Teachers College advises that nurses registered in California will be able to qualify for a temporary credential of this type in San Jose during the summer session.



## Nurses Register For Institute.

The attendance at the annual institute for public health nurses at Berkeley, to be given under the auspices of the Summer Session of the University of California and the California State Board of Health, promises to be unusually large. The program is about ready for publication and will appear in this publication as soon as it is completed. Nurses who have had a single year of experience in public health work are eligible for enrollment. Certificates will be presented to those who attend all of the sessions. Requests for registration blanks should be addressed to the Sacramento office of the California State Board of Health. The institute will be held on the University of California campus at Berkeley, July 12-23, 1926.

## Ten Don'ts For Bathers.

Don't go in where there is no life guard.

Don't go beyond your depth; the best swimmers get cramps.

Don't go bathing less than two hours after eating.

Don't go in alone.

Don't struggle against an undertow if you are caught; go with it and call for help.

Don't wade with your hands above your head. You'll go down like a plummet in deep water.

Don't yell "Help" unless you need it. Remember the boy who called "Wolf."

Don't drink liquor and then go bathing.

Don't swim with inner tubes or water wings. They are treacherous.

Don't forget you are endowed with common sense. Use it!

These rules were given by beach directors from Atlantic City, Ocean City, Cape May and Wildwood.—*Hygeia*.



## Health Officers Newly Appointed.

Dr. Edgar R. Brigham succeeds Dr. C. A. Tillotson as Health Officer of Dinuba.

Dr. Frederick R. Rhodes has been appointed City Health Officer of Culver City in place of Dr. Foster M. Hull.

Dr. George Rothganger has been appointed City Health Officer of Emeryville to succeed Dr. Emily Emery.

Mr. Charles F. Richardson succeeds Mr. Frank Jennings as City Health Officer of El Cajon.



### Present Status Of Poliomyelitis.

The status of poliomyelitis in California at the present time is shown in the tables of reported cases which follow. So far as is known, the most effective measure in the prevention of an outbreak of this disease lies in the early discovery of cases of the disease and their immediate and complete isolation. It will be noted that in those years during which pronounced epidemics of poliomyelitis occur, more cases are reported during the spring months than in those years which are not marked by sharp outbreaks.

#### POLIOMYELITIS CASES REPORTED.

	January to May Inclusive
1921	22
1922	24
1923	16
1924	26
1925	99
1926	58

Last year brought to California one of the most widespread and most disastrous outbreaks of poliomyelitis. A study of the tables reveals the fact that an unusually large number of cases occurred during the spring of 1925. It will be noted, also, that a considerable number of cases have been reported during the first five months of this year.

#### POLIOMYELITIS IN CALIFORNIA BY WEEKS. 1921-1926 (Jan.-May.)

	1921	1922	1923	1924	1925	1926
January	3	2	0	2	4	1
	0	3	0	0	2	2
	0	3	0	3	4	1
	0	4	2	2	6	4
			1	1		
February	0	0	1	1	2	3
	1	0	0	1	5	6
	1	0	1	2	3	4
	0	2	1	0	2	2
March	1	1	1	2	4	3
	0	2	0	2	3	2
	3	0	0	3	2	6
	0	0	0	2	2	1
	1	1				1
April	2	0	1	2	1	2
	0	0	1	1	3	2
	2	1	0	1	1	1
	0	1	0	0	12	5
				0	12	
May	3	0	0	1	4	1
	1	0	0	0	10	2
	0	2	2	0	8	2
	4	0	1	0	9	7
		2	4			

	1921	1922	1923	1924	1925	1926
June	3	0	0	1	19	
	1	2	2	2	18	
	2	1	1	0	17	
	5	5	2	1	22	
	2					
July	3	0	2	4	22	
	3	2	0	1	25	
	6	1	5	3	49	
	11	1	1	2	53	
				0	53	
August	5	2	6	1	74	
	12	7	2	1	44	
	4	0	5	1	38	
	8	0	3	6	42	
	14	0	7			
September	12	4	3	2	28	
	16	0	9	5	19	
	17	3	12	3	23	
	18	2	16	7	22	
					12	
October	6	2	27	3	17	
	6	2	22	10	16	
	19	1	12	12	12	
	26	0	21	9	4	
			9	17		
November	12	2	8	10	11	
	13	0	11	10	17	
	4	0	9	7	13	
	8	1	11	12	10	
	9	0				
December	2	0	12	6	3	
	8	0	5	12	4	
	3	0	6	9	7	
	3	0	6	5	7	
				4	2	
Totals	283	62	251	192	802	58

### Index Ready For Distribution.

Readers of this publication who desire to have a printed index of Volume IV may obtain same by making application to the Sacramento office of the California State Board of Health.

Reporting progress in the ten-year program for the control of tuberculosis in children begun in 1924, the Massachusetts Department of Public Health states that 10,000 white children between 5 and 15 were examined during the first year at clinics held in 43 cities and towns. Approximately 29 per cent of the children reacted to the tuberculin test, 28 per cent gave a history of exposure to human tuberculosis, 25 per cent of these being cases of immediate contact with the disease, and 15 per cent of the rural children gave a history of contact but did not react to the test. Among other defects discovered and treated were enlarged and diseased tonsils and adenoids in 31 per cent of the country and 26 per cent of the city children; poor posture in about 60 per cent of all the children, and valvular heart disease in 1.7 of both groups. Reexamination of some of these children during the present year indicates that through the cooperation of the local communities, physical defects are being corrected and underweight is already being lessened.



### High Lights From American Health Congress.

A number of recognized public health authorities addressed the American Health Congress, held in Atlantic City last month. Following are high-lights from the addresses of these individuals.

**SIR ARTHUR NEWSHOLME**—Public health work whether voluntary or official is dependent on public opinion, and instruction of the public in public health matters must form a large part of every health program.

**WILLIAM JAY SCHIEFFELIN**, Ph.D.—A mayor who introduces politics into the health department commits a crime against womanhood and childhood.

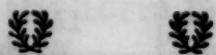
**MATTHIAS NICOLL, Jr., M.D.**—Ten thousand lives are sacrificed needlessly from diphtheria in the United States each year. Ninety per cent of these deaths occur in children under five years of age. Science has now given us means whereby complete protection against this disease may be accomplished by the administration of toxin-antitoxin. The vast majority of people so immunized will never contract diphtheria even though exposed to the disease.

**C.-E. A. WINSLOW, Dr. P.H.**—The dominant motive of the present day public health movement is the education of the individual in the principles of healthy living and the nurse is the most effective of all agents for the execution of this task. It is no wonder that the role of the nurse bulks larger every year and that recent standards for a community health program assign one-third of a total ideal budget to public health nursing.

**FRANCIS CARTER WOOD, M.D.**—It is a safe rule that when a physician guarantees to cure cancer and asks for a deposit in advance, he is a quack.

**JANET M. GEISTER, R.N.**—Private duty nursing, as it is practiced today, is extremely costly. This cost is borne by the patient and by the nurse. They both pay heavily for the waste in the system.

**C.-E. A. WINSLOW, Dr. P.H.**—There is no logical reason why visiting nurse service should not be supplied, as hospital service is often now supplied, by municipal authorities and on either a free or a pay basis.



### Do Dogs Belong In City Parks?

A strong protest against the custom of permitting dogs to run in city parks has been received in the office of the California State Board of Health. It is

stated that the grassy slopes and inviting turf of our recreation grounds are intended as places for children to play and that they become unfit for such purpose if dogs are permitted to scatter filth over these pleasant places. It would seem that portions of city parks must be restricted to the use of dogs or else city dwellers must be denied the privilege of keeping such animals. At any rate, children should be able to play in our parks without becoming soiled with filth deposited by dogs.



### Health Congress Endorses Immunization.

The following resolution was among those presented by Prof. C. E. A. Winslow for the Resolutions Committee of the American Health Congress at the Fourth General Session of the Congress, held at Atlantic City, May 21st:

WHEREAS, Ten thousand lives are sacrificed needlessly from diphtheria in the United States each year, 90 per cent of which deaths occur in children under five years of age, and

WHEREAS, Science has now given to us a means whereby complete protection against this disease may be secured by the administration of toxin-antitoxin, with the result that the vast majority of people so immunized would never contract diphtheria, even though exposed to it, and

WHEREAS, Ten years of experience have proven the entire practicability of eliminating diphtheria from a community from widespread immunization of school children, and more particularly of children from one to five years of age; therefore, be it

*Resolved*, That the health workers of the nation, assembled in the American Health Congress, with the best interest of the children of America at heart, strongly urge upon the attention of the people of the United States the opportunity thus afforded them to banishing diphtheria as a menace to their children; and be it

*Resolved*, That this Congress urge upon the fathers and mothers of the land that they seek this protection for their young children, either from their family physician or by taking advantage of the immunization service afforded by boards of health, clinics, health centers, and boards of education, to the end that diphtheria may be eliminated from the United States.



**MORBIDITY.\*****Diphtheria.**

93 cases of diphtheria have been reported, as follows: Berkeley 2, Amador County 1, Fresno County 2, Fresno 1, Kern County 2, Los Angeles County 12, Burbank 2, Compton 1, El Segundo 1, Huntington Park 1, Long Beach 1, Los Angeles 28, Redondo Beach 1, Southgate 2, Maywood 1, Pacific Grove 1, Orange County 1, Fullerton 2, Riverside 2, Sacramento 3, Ontario 1, National City 1, San Diego 10, San Francisco 9, Santa Clara County 1, Santa Clara 1, Solano County 1, Sonoma County 2.

**Measles.**

430 cases of measles have been reported, as follows: Alameda 1, Berkeley 44, Fresno County 2, Fresno 13, Bakersfield 1, Los Angeles County 18, Alhambra 7, El Monte 2, Long Beach 27, Los Angeles 8, Monrovia 1, Pomona 2, San Gabriel 4, Whittier 2, Maywood 13, Madera County 2, Orange County 1, Sacramento 1, Colton 7, Redlands 1, Chula Vista 1, National City 1, San Diego 22, San Francisco 229, Santa Clara County 1, San Joaquin County 4, Stockton 9, Redwood City 1, Palo Alto 1, San Jose 2, Ventura County 2.

**Scarlet Fever.**

130 cases of scarlet fever have been reported, as follows: Alameda 4, Berkeley 2, Butte County 2, Oroville 1, Fresno County 3, Fresno 4, Kern County 7, Bakersfield 2, Los Angeles County 6, Alhambra 1, Arcadia 4, Hermosa Beach 1, Long Beach 3, Los Angeles 24, Pomona 2, Redondo Beach 1, Sausalito 1, Pacific Grove 3, Orange County 4, Santa Ana 2, Riverside 1, Sacramento 1,

Rialto 1, Upland 1, San Diego County 5, San Diego 5, San Francisco 20, San Joaquin County 2, Stockton 3, San Carlos 2, Santa Clara County 1, San Jose 2, Solano County 1, Sonoma County 6, Tulare County 1, Ventura County 1.

**Smallpox.**

14 cases of smallpox have been reported, as follows: Los Angeles 6, Roseville 1, North Sacramento 1, National City 1, Solano County 1, Benicia 2, Ventura County 1, Yolo County 1.

**Typhoid Fever.**

13 cases of typhoid fever have been reported, as follows: Butte County 1, Kern County 1, Los Angeles County 2, Los Angeles 2, Santa Ana 1, Placer County 1, Sacramento County 2, Rialto 1, Upland 1, Ventura County 1.

**Whooping Cough.**

51 cases of whooping cough have been reported, as follows: Albany 1, Berkeley 1, Hayward 2, Chico 2, Los Angeles County 10, Huntington Park 1, Long Beach 1, Los Angeles 13, Pomona 1, Marin County 2, Monterey County 1, Rialto 1, Chula Vista 2, San Diego 7, San Francisco 6.

**Epidemic Meningitis.**

4 cases of epidemic meningitis have been reported, as follows: Fresno County 1, San Diego 1, San Francisco 1, Siskiyou County 1.

**Poliomyelitis.**

7 cases of poliomyelitis have been reported, as follows: Los Angeles County 2, Los Angeles 3, Southgate 1, Riverside County 1.

**Rocky Mountain Spotted Fever.**

1 case of Rocky Mountain spotted fever has been reported from Lassen County.

\*From reports received on June 1st, for week ending May 29th.

**COMMUNICABLE DISEASE REPORT.**

	1925-1926				1924-1925			
	Week ending			Reports for week ending May 29 received by June 1	Week ending			Reports for week ending May 30 received by June 2
	May 8	May 15	May 22		May 9	May 16	May 23	
Anthrax.....	0	1	1	0	0	0	0	0
Chickenpox.....	236	253	216	190	234	271	280	148
Diphtheria.....	108	111	129	93	94	137	102	89
Dysentery, Bacillary.....	0	4	1	1	2	1	0	4
Encephalitis, Epidemic.....	1	2	3	3	0	3	1	1
Gonococcus Infection.....	124	52	168	150	94	77	159	64
Influenza.....	19	27	10	20	38	188	38	20
Jaundice, Epidemic.....	0	0	0	0	1	0	0	0
Leprosy.....	0	0	1	0	1	1	1	2
Malaria.....	1	0	5	0	0	1	0	1
Measles.....	469	496	507	430	55	88	76	62
Meningitis, Epidemic.....	3	3	6	4	3	1	3	7
Mumps.....	293	327	311	207	415	416	326	211
Paratyphoid Fever.....	0	2	0	0	0	0	0	0
Pneumonia, Lobar.....	38	38	36	29	36	78	79	34
Poliomyelitis.....	1	2	2	7	4	10	8	10
Rabies (animal).....	4	7	9	6	11	7	10	0
Rocky Mt. Spotted Fever.....	0	0	0	1	1	0	0	0
Scarlet Fever.....	130	149	147	130	145	137	117	96
Smallpox.....	36	42	46	14	138	157	111	106
Syphilis.....	187	71	140	124	166	67	135	109
Tetanus.....	0	0	1	2	0	4	1	0
Trachoma.....	4	2	3	1	3	5	24	0
Trichinosis.....	0	0	0	1	0	0	2	0
Tuberculosis (all forms).....	269	197	244	164	259	203	210	109
Typhoid Fever.....	21	25	25	13	5	6	10	11
Typhus Fever.....	0	0	0	0	0	0	0	0
Whooping Cough.....	83	77	88	51	485	495	410	256
Totals.....	2,027	1,888	2,099	1,641	2,190	2,353	2,103	1,339